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DREAMS aims to reduce new HIV infections by 40% among girls aged between 10-24 years old. In photo: Farine Mwerema and her child during a regular safe spaces meeting for young mothers in Pumwani, Nairobi County. Photo: USAID

## KENYA

# DETERMINED, RESILIENT, EMPOWERED, AIDS-FREE, MENTORED AND SAFE WOMEN (DREAMS)

Girls and young women account for 74 percent of new HIV infections among adolescents in sub-Saharan Africa. Kenyan girls and young women face complex structural vulnerabilities that increase their risk to HIV, including poverty, gender inequality, sexual violence and a lack of education. Such vulnerabilities constrain their economic and social empowerment and often result in risky sexual practices that lead to poor health, education and social outcomes.

Through DREAMS, at-risk adolescent girls and young women aged 10-24 years can live determined, resilient, empowered, AIDS-free, mentored and safe lives in the toughest of environments. Safe-space peer meetings give adolescent girls and young women the opportunity to interact and learn ways of building their resilience, confidence and self-esteem. The goal for DREAMS is to reduce HIV infections by 40% among this cohort.

## OUR WORK

DREAMS is using participatory methods to provide individualized, evidence-based and comprehensive HIV and gender-based violence prevention, treatment, care and protection services for adolescent girls and young women. These interventions are sensitive to age cohorts (10-14, 15-19, and 20-24 years) and cater to individual circumstances. The combination of interventions reduces risks and vulnerabilities to HIV infections and ensures that girls and young women have access to a continuum of HIV prevention, mitigation, and care and treatment services.

## ACHIEVEMENTS

Since 2015, DREAMS has:

- Empowered over 10,000 AGYW to build social capital, networks and assets that increase their livelihoods, improve their health dimensions and make them less likely to be victims of sexual harassment and violence.
- Trained over 6,700 AGYW on positive gender norms, understanding the issues surrounding GBV in relation to HIV and legal procedures for reporting violence when it occurs.
- Helped 4,500 AGYW know their HIV status and adopt healthier and safer sexual practices.
- Trained over 6,500 AGYW on financial literacy skills, leading to better money management and a culture of saving.
- Provided family planning education to over 4,500 adolescent girls and young women and strengthened family planning systems to become more responsive and youth-friendly.
- Equipped over 2,800 parents and caregivers of adolescent girls and young women with primary prevention messages to that reduce sexual risk among adolescents and promote parent-child communication about sexuality.
- Provided education subsidy support to over 1,700 adolescent girls and young women and improved their school access, retention and transition.
- Provided health education to over 7,000 adolescent girls and young women, improving their confidence about making healthy choices and their ability to identify realistic goals for the future.

**BUDGET** \$10.5 million

### DURATION

2015 - 2018

### ACTIVITY LOCATIONS

Kamukunji Sub-county (California, Eastleigh Airbase and Pumwani wards) in Nairobi County in Kenya

### IMPLEMENTING PARTNER

Global Communities

### KEY PARTNERS

The President's Emergency Plan for AIDS Relief (PEPFAR)

USAID

Bill and Melinda Gates Foundation

Nike Foundation

Global Communities

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